

# MINDFULNESS IN LEADERSHIP

PREPARING FOR THE NEW ERA

September 4, 2016

## Key Learning Points

- Use mindfulness techniques to improve generation of ideas, innovation and creative thinking .
- Increase the level of confidence in participants' decision making leading to a higher level of organizational agility and decisiveness.
- Understand how stress limits and inhibits our ability to be innovative at work.
- Improve your ability to learn from successful or failed projects. Rewiring the brain to treat failure as a 'new beginning'.
- Develop the ability to sustain and evolve high levels of performance

EXCLUSIVE for DBWC Members